

Programmanr. 14
 17-06-2023 - 10:15

Meisjes, 400m vrije slag

 Junioren 3 en 4
 Resultaten

Punten: FINA 2023

rang	naam		vereniging					tijd	RT	FINA
1.	Jade van der Schrier		AZC		200800692			4:32.31	+0,70	654
	50m: 30.48	30.48	150m: 1:38.06	34.35	250m: 2:47.75	34.85	350m: 3:58.46	35.25		35.25
	100m: 1:03.71	33.23	200m: 2:12.90	34.84	300m: 3:23.21	35.46	400m: 4:32.31	33.85		33.85
2.	Charlotte Leijnse		Blue Marlins		200802948			4:38.79	+0,76	609
	50m: 30.09	30.09	150m: 1:38.37	34.76	250m: 2:50.20	35.93	350m: 4:02.80	36.16		36.16
	100m: 1:03.61	33.52	200m: 2:14.27	35.90	300m: 3:26.64	36.44	400m: 4:38.79	35.99		35.99
3.	Julie van Nispen		Z&PV Nuene		200800290			4:39.91	+0,95	602
	50m: 33.10	33.10	150m: 1:44.48	35.88	250m: 2:55.32	34.95	350m: 4:05.74	34.77		34.77
	100m: 1:08.60	35.50	200m: 2:20.37	35.89	300m: 3:30.97	35.65	400m: 4:39.91	34.17		34.17
4.	Esmee Mulder		DZ&PC		200800038			4:40.23	+0,71	600
	50m: 31.90	31.90	150m: 1:44.11	36.50	250m: 2:54.82	34.22	350m: 4:05.41	35.50		35.50
	100m: 1:07.61	35.71	200m: 2:20.60	36.49	300m: 3:29.91	35.09	400m: 4:40.23	34.82		34.82
5.	Bregje Dekkers		PSV		200900746			4:43.07	+0,69	582
	50m: 31.84	31.84	150m: 1:41.56	35.60	250m: 2:54.44	36.55	350m: 4:08.06	36.64		36.64
	100m: 1:05.96	34.12	200m: 2:17.89	36.33	300m: 3:31.42	36.98	400m: 4:43.07	35.01		35.01
6.	Maaïke Ooms		ZPC AMERSFOORT		200801580			4:45.33	+0,79	568
	50m: 31.19	31.19	150m: 1:41.61	35.71	250m: 2:55.17	36.88	350m: 4:09.49	37.17		37.17
	100m: 1:05.90	34.71	200m: 2:18.29	36.68	300m: 3:32.32	37.15	400m: 4:45.33	35.84		35.84
7.	Juliëtte Woltjes		VZC		200900774			4:45.79	+0,83	565
	50m: 31.65	31.65	150m: 1:43.57	36.31	250m: 2:56.07	36.16	350m: 4:09.94	36.60		36.60
	100m: 1:07.26	35.61	200m: 2:19.91	36.34	300m: 3:33.34	37.27	400m: 4:45.79	35.85		35.85
8.	Laura van Etten		HZ&PC Heerenveen		200800264			4:45.81	+0,84	565
	50m: 31.64	31.64	150m: 1:43.89	36.58	250m: 2:56.92	36.46	350m: 4:09.59	36.44		36.44
	100m: 1:07.31	35.67	200m: 2:20.46	36.57	300m: 3:33.15	36.23	400m: 4:45.81	36.22		36.22
9.	Madeleine Bertram		De Dolfijn		200900516			4:46.29	+0,71	563
	50m: 30.99	30.99	150m: 1:41.04	36.05	250m: 2:56.93	38.15	350m: 4:11.36	36.45		36.45
	100m: 1:04.99	34.00	200m: 2:18.78	37.74	300m: 3:34.91	37.98	400m: 4:46.29	34.93		34.93
10.	Fay Boxum		DZ&PC		200900060			4:46.41	+0,80	562
	50m: 31.52	31.52	150m: 1:43.43	36.24	250m: 2:57.01	36.74	350m: 4:10.81	36.64		36.64
	100m: 1:07.19	35.67	200m: 2:20.27	36.84	300m: 3:34.17	37.16	400m: 4:46.41	35.60		35.60
11.	Luus Gielens		PSV		200900138			4:46.56	+0,87	561
	50m: 32.50	32.50	150m: 1:45.12	36.98	250m: 2:59.75	37.17	350m: 4:12.16	35.72		35.72
	100m: 1:08.14	35.64	200m: 2:22.58	37.46	300m: 3:36.44	36.69	400m: 4:46.56	34.40		34.40
12.	Meyke v. Nimwegen		De Schotelij		200800106			4:47.11	+0,75	558
	50m: 32.28	32.28	150m: 1:43.98	36.33	250m: 2:57.17	36.41	350m: 4:10.54	36.57		36.57
	100m: 1:07.65	35.37	200m: 2:20.76	36.78	300m: 3:33.97	36.80	400m: 4:47.11	36.57		36.57
13.	Ece Öngören		Blue Marlins		200903862			4:49.64	+0,70	543
	50m: 32.75	32.75	150m: 1:45.72	36.76	250m: 2:59.24	36.80	350m: 4:13.27	37.25		37.25
	100m: 1:08.96	36.21	200m: 2:22.44	36.72	300m: 3:36.02	36.78	400m: 4:49.64	36.37		36.37
14.	Fenna Westerneng		ZPC Hoogeveen		200900070			4:51.22	+0,73	534
	50m: 31.59	31.59	150m: 1:45.03	37.18	250m: 3:00.51	38.02	350m: 4:15.06	37.11		37.11
	100m: 1:07.85	36.26	200m: 2:22.49	37.46	300m: 3:37.95	37.44	400m: 4:51.22	36.16		36.16
15.	Chiara Lammertink		VZC		200902200			4:52.80	+0,84	526
	50m: 32.72	32.72	150m: 1:45.83	37.11	250m: 3:01.31	37.74	350m: 4:16.71	36.99		36.99
	100m: 1:08.72	36.00	200m: 2:23.57	37.74	300m: 3:39.72	38.41	400m: 4:52.80	36.09		36.09
16.	Ilse Wiltjer		DZ&PC		200900868			4:53.00	+0,81	525
	50m: 32.94	32.94	150m: 1:46.49	37.27	250m: 3:01.73	37.13	350m: 4:18.08	37.59		37.59
	100m: 1:09.22	36.28	200m: 2:24.60	38.11	300m: 3:40.49	38.76	400m: 4:53.00	34.92		34.92
17.	Djelaysa Buunk		Z&PC De Zeeuwse Kust		200900536			4:54.11	+0,79	519
	50m: 33.08	33.08	150m: 1:47.92	37.30	250m: 3:03.52	37.73	350m: 4:18.91	36.96		36.96
	100m: 1:10.62	37.54	200m: 2:25.79	37.87	300m: 3:41.95	38.43	400m: 4:54.11	35.20		35.20
18.	Iris Tilburg		Arethusa		200902662			4:54.91	+0,76	515
	50m: 32.28	32.28	150m: 1:46.58	37.57	250m: 3:03.10	37.91	350m: 4:18.49	36.90		36.90
	100m: 1:09.01	36.73	200m: 2:25.19	38.61	300m: 3:41.59	38.49	400m: 4:54.91	36.42		36.42
19.	Dana Fahmi		De Dolfijn		200804546			4:55.64	+0,70	511
	50m: 33.36	33.36	150m: 1:46.20	36.61	250m: 3:01.19	37.50	350m: 4:18.27	38.78		38.78
	100m: 1:09.59	36.23	200m: 2:23.69	37.49	300m: 3:39.49	38.30	400m: 4:55.64	37.37		37.37

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rang	naam		vereniging				tijd	RT	FINA		
20.	Ilse Rozema		Blue Marlins		200803318		4:56.09	+0,66	508		
	50m:	32.18	150m:	1:46.82	37.93	250m:	3:03.02	37.57	350m:	4:19.92	38.31
	100m:	1:08.89	200m:	2:25.45	38.63	300m:	3:41.61	38.59	400m:	4:56.09	36.17
	Elin Brinkhof		De Dolfijn		200900078		4:56.09	+0,71	508		
	50m:	32.58	150m:	1:46.28	37.41	250m:	3:02.27	38.23	350m:	4:19.43	38.61
	100m:	1:08.87	200m:	2:24.04	37.76	300m:	3:40.82	38.55	400m:	4:56.09	36.66
22.	Kinley Cole		PSV		200903696		4:56.29	+0,78	507		
	50m:	33.68	150m:	1:49.69	38.05	250m:	3:06.63	37.38	350m:	4:22.20	37.09
	100m:	1:11.64	200m:	2:29.25	39.56	300m:	3:45.11	38.48	400m:	4:56.29	34.09
23.	Puck van Wees		De Dolfijn		200901020		4:57.06	+0,81	503		
	50m:	32.54	150m:	1:45.55	37.46	250m:	3:02.69	38.61	350m:	4:20.13	39.04
	100m:	1:08.09	200m:	2:24.08	38.53	300m:	3:41.09	38.40	400m:	4:57.06	36.93
24.	Ilana Gentile		Orca		200801558		4:58.11	+0,78	498		
	50m:	31.90	150m:	1:46.98	38.38	250m:	3:04.47	38.62	350m:	4:22.44	38.33
	100m:	1:08.60	200m:	2:25.85	38.87	300m:	3:44.11	39.64	400m:	4:58.11	35.67
25.	Suuz Griekspoor		Noordwijkerhout		200901204		4:59.08	+0,77	493		
	50m:	32.53	150m:	1:47.86	38.59	250m:	3:04.58	38.72	350m:	4:22.03	38.49
	100m:	1:09.27	200m:	2:25.86	38.00	300m:	3:43.54	38.96	400m:	4:59.08	37.05
26.	Lotte Lübbbers		KSN (SG)		200900190		4:59.15	+0,80	493		
	50m:	33.63	150m:	1:48.62	38.29	250m:	3:07.98	39.78	350m:	4:24.45	38.29
	100m:	1:10.33	200m:	2:28.20	39.58	300m:	3:46.16	38.18	400m:	4:59.15	34.70
27.	Sterre Dietvorst		ZPC AMERSFOORT		200900726		4:59.36	+0,81	492		
	50m:	32.24	150m:	1:47.52	38.51	250m:	3:05.98	38.72	350m:	4:23.63	38.40
	100m:	1:09.01	200m:	2:27.26	39.74	300m:	3:45.23	39.25	400m:	4:59.36	35.73
28.	Mijke Ouderkerken		Blue Marlins		200901254		5:01.46	+0,77	482		
	50m:	32.91	150m:	1:47.83	38.42	250m:	3:06.45	39.68	350m:	4:24.61	39.00
	100m:	1:09.41	200m:	2:26.77	38.94	300m:	3:45.61	39.16	400m:	5:01.46	36.85
29.	Mint van Wees		De Dolfijn		200801328		5:03.10	+0,80	474		
	50m:	32.68	150m:	1:48.58	38.80	250m:	3:06.49	38.92	350m:	4:25.20	39.32
	100m:	1:09.78	200m:	2:27.57	38.99	300m:	3:45.88	39.39	400m:	5:03.10	37.90
30.	Sofie Vos		ZPC Hoogeveen		200800804		5:03.74	+0,87	471		
	50m:	33.38	150m:	1:48.68	38.27	250m:	3:06.70	39.07	350m:	4:25.34	39.26
	100m:	1:10.41	200m:	2:27.63	38.95	300m:	3:46.08	39.38	400m:	5:03.74	38.40
31.	Marlouke Frijstein		ZV 44		200800152		5:05.92	+0,73	461		
	50m:	34.97	150m:	1:52.25	38.92	250m:	3:10.79	39.22	350m:	4:28.57	38.48
	100m:	1:13.33	200m:	2:31.57	39.32	300m:	3:50.09	39.30	400m:	5:05.92	37.35
32.	Esmee van der Tuuk		ZPC Hoogeveen		200800682		5:11.08	+0,87	438		
	50m:	35.12	150m:	1:52.14	39.02	250m:	3:11.37	39.58	350m:	4:32.11	40.40
	100m:	1:13.12	200m:	2:31.79	39.65	300m:	3:51.71	40.34	400m:	5:11.08	38.97
33.	Isis Verhoeff		De Otters Het Gooi		200902962		5:12.82	+0,79	431		
	50m:	34.99	150m:	1:52.35	39.34	250m:	3:12.73	40.42	350m:	4:33.59	40.35
	100m:	1:13.01	200m:	2:32.31	39.96	300m:	3:53.24	40.51	400m:	5:12.82	39.23